

the Chronic Disease and Injury Section of the N.C. Division of Public Health staffs the Executive Committee of the Eat Smart, Move More NC Leadership Team. For more information, please visit www.eatsmartmovemorenc.com.

- For more data related to physical activity among adults in North Carolina, please visit the N.C. Behavioral Risk Factor Surveillance System web site, www.schs.state.nc.us/SCHS/brfss, and the Eat Smart, Move More NC data web page, www.eatsmartmovemorenc.com/Data/Data.html.
- For more data related to physical activity among children and youth in North Carolina, please visit the Youth Risk Behavior Surveillance System's web site, <http://apps.nccd.cdc.gov/yrbss/SelHealthTopic.asp?Loc=NC>, and the Eat Smart, Move More NC data web page, www.eatsmartmovemorenc.com/Data/Data.html.

NUTRITION

- In 2007, only 21.6 percent of N.C. adults ate at least five fruits and vegetables daily, slightly lower than the 24.4 percent among U.S. adults (Figure 8.3 and Table 8.1).
- In 2009, only 16.9 percent of N.C. high school students ate at least five fruits and vegetables daily, lower than the 21.4 percent of U.S. high school students in 2007 (Figure 8.4 and Table 8.2).
- High dietary sodium consumption is a risk factor for high blood pressure. The 2005 Dietary Guidelines for Americans recommends that all Americans consume less than 2,300 mg of sodium per day, and that individuals with hypertension, African Americans and middle aged and older adults should consume no more than 1,500 mg of sodium per day.²⁸
- Based on 2007 BRFSS data, the majority of N.C. adults – an estimated 70.6 percent, more than 4.5 million people – have hypertension, are African American, or are middle-aged or older, and so should consume no more than 1,500 mg of sodium per day. Only 29.4 percent of N.C. adults should follow the higher guideline of consuming no more than 2,300 mg/day of sodium.
- Most adults in the United States consume far more sodium than is recommended. During 2005–2006, only 9.6 percent of U.S. adults consumed sodium within dietary